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CONSUMER TIPS

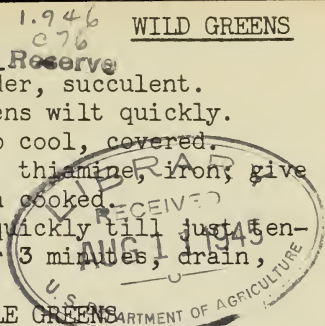
GENERAL RULES ^{1.946} ^{C76} Reserve

1. Pick wild greens when young, tender, succulent.
2. Use soon after picking; wild greens wilt quickly.
3. Wash thoroughly; don't soak; keep cool, covered.
4. Greens contain vitamin A, niacin, thiamine, iron; give more vitamin value raw in salad than cooked.
5. To cook, use little water, cook quickly till just tender; if strong-flavored parboil 2 or 3 minutes, drain, cook.

VARIETIES OF WILD, EDIBLE GREENS

Dandelion: Narrow, lance-shaped leaves 3 to 12 inches long, with jagged edges, springing from center of plant; flat-topped yellow bloom on smooth, hollow stem; pick small leaves before flowers bloom; cook or serve in salad.

Plantain: Heavy, ribbed oval-shaped leaves 3 or 4 inches long; grows close to ground, slender tail-like flower stalk growing straight up in center; shred young leaves for salad.



Purslane: Small, thick oval leaves on fleshy stem; sprawling weed, spreads quickly; use in salads, soups or cook.

Lamb's-quarters: "Wild spinach;" leaves 1 to 2 inches long, triangular, covered with mealy scales; growing on plant often 5 feet high; stem usually striped red or green; flowers small, greenish, in cluster; pick all spring, summer; serve cooked; lamb's-quarters is mild-flavored.

Poke: Pointed, oval leaves 5 to 10 inches long, with wavy edges; strong-smelling plant 4 to 8 feet tall, spreading near top, green to reddish purple; gather shoots in early spring; cook, and serve like asparagus; ROOT IS POISONOUS.

Chicory: Narrow leaves 3 to 6 inches long, with toothed edges, often curled, growing at base of stalk often 3 feet tall, with rigid angular branches, sky-blue flowers that close by noon; parboil chicory leaves before cooking.

(Information from U. S. Department of Agriculture)

Listen to CONSUMER TIME - NBC Saturdays, 12:15 p.m. EWT

CT-110